

R O U N D  1	8 SYNCHRO HANG POWER CLEAN	8	R O U N D  6	8 SYNCHRO HANG POWER CLEAN	98
	10 SYNCHRO WALLBALLS	18		10 SYNCHRO WALLBALLS	108
R O U N D  2	8 SYNCHRO HANG POWER CLEAN	26	R O U N D  7	8 SYNCHRO HANG POWER CLEAN	116
	10 SYNCHRO WALLBALLS	36		10 SYNCHRO WALLBALLS	126
R O U N D  3	8 SYNCHRO HANG POWER CLEAN	44	R O U N D  8	8 SYNCHRO HANG POWER CLEAN	134
	10 SYNCHRO WALLBALLS	54		10 SYNCHRO WALLBALLS	144
R O U N D  4	8 SYNCHRO HANG POWER CLEAN	62	R O U N D  9	8 SYNCHRO HANG POWER CLEAN	152
	10 SYNCHRO WALLBALLS	72		10 SYNCHRO WALLBALLS	162
R O U N D  5	8 SYNCHRO HANG POWER CLEAN	80	R O U N D  10	8 SYNCHRO HANG POWER CLEAN	170
	10 SYNCHRO WALLBALLS	90		10 SYNCHRO WALLBALLS	180

## WORKOUT 2

**Team Name**

**TIME:**

**Athletes Signature**